

Testimony before the Appropriations Committee
In opposition to the Governor's proposed budget cuts for fiscal year 2016-17
March 6, 2015
Antonio Camacho, Hartford CT

Good evening Senator Bye and Representative Walker and members of the Appropriations Committee:

My name is Antonio Camacho and this letter is on my behalf so that others become aware that mental health services really are needed in many lives. I had a suicide attempt which caused me to remain with a scar of 33 stitches on my wrist, because I didn't trust anyone; today I have put my blessings on changes to feel pride. I have come a long way out of my bad side. I suffer from bipolar 2 disorder and ADHD as of age 13 I have had many struggles and continue to have them daily. Though being around the mental health services and becoming aware of my personality, life has changed for a brighter sacrifice, a new beginning. Being part of CAC 23 in Hartford has given me the desire to have different opportunities; I have learned that I am not alone in need of mental health services. That it is ok to have a diagnosis and take medication on daily basis, to talk to someone when things become confusing, that is ok to take the time out to get things in order. Please do not cut the funds for the Regional Mental Health Boards because they provide me and others with so much help and hope.

Antonio Camacho
Hartford, CT